

GRAIN IN THE NAVELS

Pad+ma dbang chen བུ་རྒྱ་དབང་ཆེན།

Children my age often asked old men to tell them stories and an old man who knew many folktales told me the one I give below. Recently, children are keenly interested in TV programs and have very little interest in folklore.

Uncle Ston pa had a beautiful young cousin who had bright eyes, a pale face, and a slim body. One day, she felt uncomfortable and went to town to see a doctor, who examined her pulse and then prescribed some medicine. She took the medicine but did not get any better. She then went to Uncle Ston pa's home and asked for advice.

Uncle Ston pa suggested she find a meditator, who lived at the foot of a mountain near her home. He said, "Don't look at his face, just listen to him. He'll tell you what to do. Climb up the mountain and then come down. You'll be sure to see him."

She went home, collected some gifts, and set off. Meanwhile, Uncle Ston pa put on a meditator's clothes and stuck a big piece of fake hair that was actually part of a yak tail on top of his head. Taking a shortcut, he quickly reached the foot of the mountain and waited for his beautiful cousin. After some moments, she came and bowed her head in respect.

Speaking in an artificial voice, Uncle Ston pa said, "I have already divined your problem. I have a solution. Put a wheat grain in your navel. I'll put a barley grain in my navel. We'll then exchange them without using our hands."

The cousin hesitated, but finally accepted the meditator's suggestion. They took off all their clothes and tried to exchange the barley and wheat grains by rubbing their bellies together. The cousin

felt something enter her body and said, "Something's wrong! Did you feel it?"

"Please concentrate on exchanging the grains. Don't think about anything else," Uncle Ston pa instructed.

Satisfied after having had sex, Uncle Ston pa returned home using the shortcut. His cousin climbed up and then climbed down the mountain. It took her a long time.

Uncle Ston pa's cousin soon recovered from her illness. Happy about this, she went to Uncle Ston pa's home and thanked him for giving her such a good suggestion.

NON-ENGLISH TERMS

pad+ma dbang chen བཅོམ་དབང་ཆེན།
ston pa ལྷོན་པ།